



Ulster County Office for the Aging

June 2017 Newsletter

**Greetings from
County Executive
Michael P. Hein**



Ulster County Executive, Michael P. Hein presenting Kelly McMullen, Director of the Office for the Aging, with a Certificate of Appreciation noting her forthcoming retirement. Senior Summit on May 22, 2017.



TAI CHI FOR ARTHRITIS

Tuesdays AND Thursdays, 2-3 p.m.

Starting July 11th 2017

TWICE a week for eight weeks

**Town of Esopus Town Hall &
Community Center**

284 Broadway, Port Ewen 12466

*We ask that you are willing to make the commitment
to be at this class twice a week for all eight weeks This is a
program that builds on each class.*

MUST RSVP-Space is limited!

Call OFA: 845-340-3456

*This program is offered as part of the NYS Department of Health
& Older Adult Fall Prevention Program*

Ulster County Executive, Michael P. Hein

What is tai chi?

Tai chi combines
slow movement with
deep breathing.

What are the benefits?

- Increase strength
- Improve balance and posture
- Prevent falls
- Strengthen mind, body and spirit
- Reduce stress and support relaxation

Sponsored by

**UC Office for
the Aging**

845-340-3456



SEEKING TOURISM VOLUNTEERS!

Ulster County Tourism,
located on the beautiful
Kingston waterfront,
is a *fun and exciting* place to
volunteer!



We are seeking volunteers May – October for 3-hour
shifts either Saturday or Sunday.

Call (845) 340-3567

We look forward to meeting you!



Ulster County Tourism is located at the
Kingston Visitors' Center, 20 Broadway, Kingston.

Ulster County Office for the Aging
& Cornell Cooperative Extension

FREE Program

For Food Stamp (SNAP), WIC, Medicaid, Head Start and SSI recipients

**We would be happy for you to
join us for lunch... you MUST pre-register!!
Call 845-331-2180**

*Learn how to eat healthy, stay active, and
stick to a budget with Eat Smart NY
Nutritionist Katie Sheehan-Lopez.*

**Rosendale Rec Center
Thursday, June 8, 11 am**

**New Paltz Community Center
Thursday, June 8, 12:30 pm**

**Reservoir United Methodist Church
Tuesday, June 27, 12:30 pm**

***A cooking demonstration and recipe tasting
is included after the regular lunch service!***



Cornell University
Cooperative Extension
Ulster County

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Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and individuals with Disabilities and provides equal program and employment opportunities. Please contact our office if you have any special needs.

Does anyone know of a Pinochle game that
might need another player?

Are you a Pinochle player and have an interest
in starting up a game?



Please call the Office for the Aging, if you have a
Pinochle game going and need a player or if you
are interested in starting a game.

845-340-3456

PUT LIFE BACK IN YOUR LIFE

Arthritis,
Heart disease,
Osteoporosis,
Diabetes,
Depression, etc



Chronic Disease Self-Management **FREE six-week workshop series**

Are you living with or caring for someone with a chronic condition or limiting health condition? Join us!

**Town of Esopus Library
128 Canal St.
Port Ewen, NY**

**Thursdays, June 15th thru July 20th 2017
From 1pm-2:30pm**

- Developing & maintaining a safe, long-term physical activity program
- Fatigue management
- Dealing with anger, depression & difficult emotions
- Cognitive management of pain and stress
- Communicating effectively with family, friends & health professionals
- Using prescribed medication appropriately
- Healthy eating
- Decision making & problem-solving skills
- Making informed treatment decisions

To Register: Call Office for Aging 845-340-3456

For more information call Marge Gagnon RN, MS, CNS @ 845-706-6459

Michael P. Hein, Ulster County Executive



Ulster County

alzheimer's  association®

Caregiver Support Groups



*Are you caring for someone with Alzheimer's disease?
You don't have to face it alone. Sharing with others who
understand can bring relief and help everyone who participates.*

New Paltz

**Woodland Pond (ON HOLD)
100 Woodland Pond Circle
New Paltz, NY 12561
6:30-8 p.m. the third Monday
of every month**

Woodstock

**Christ Lutheran Church
26 Mill Hill Road
Woodstock, NY 12498
2 p.m. the third Tuesday
of every month**

Call 800.272.3900 with questions or to RSVP.

These groups are supported in part by a grant from the New York State Department of Health.

**Check out the variety of opportunities available to seniors through The
Ulster County Office for the Aging Volunteer Program. Join the 400 seniors**

that are part of our program and engaged in their community, meeting new friends and making a difference all over the county. We will help you find volunteer work that fits your interest and time. We would love to have you on our team! Please contact Patrick McDonough, pmcd@co.ulster.ny.us or 845-802-7935.

Site Types	Job Description	Agency	Days Needed	Hours Per Week
Ombudsman	Advocate for residents in care facilities	Long term care facilities throughout Ulster County	Sun.-Sat.	As needed
Driver	Transport seniors to and from medical appointments using your own car	Neighbor to Neighbor	Monday-Friday	As needed
Friendly phoning/ Reassurance calls	Visit seniors by phone	Ulster County Office for the Aging, "Ulster County Checks In"	Sunday-Saturday	As needed
Museum	Provide information as cultural tour guide or help in gift shop	Fireman's, Hudson River Maritime Museum And The Senate House	Sunday through Saturday	1-4 Hours
Visitors Center	Welcome visitors, share information about attractions, exhibits and sites throughout Ulster County	20 Broadway, Kingston	Sunday through Saturday	9-1 or 1-5
Exhibit Booth for U.C. Tourism	Welcome visitors, share information about attractions, exhibits and sites throughout Ulster County	Woodstock New Paltz Arts and Crafts Festival May & September Ulster County Fair/August Garlic Festival/September	Saturday, Sunday and Monday	10-2 or 2-6
Tutor	Help a child learn to read Kindergarten through 3 rd Grade	Robert Graves, Harry Edson, Kingston City School District	Mon. - Friday	1-1.5 Hours up to 3 times/week
Helping Hands	Assist in helping seniors in care facilities	Golden Hill Healthcare Facility, Ten Broeck Commons, Valley Vista	Sun.-Sat.	1-4 Hours
Food Pantry Helper	Shelve, sort and distribute food	Peoples Place, Rondout Valley Food Pantry Angel Food East	Varies	Varies
Women Mentoring Women	Short term and long term support for women	Raising Hope –United Way of UC	Varies	Varies

Are you getting ready to retire?

Ulster County Office for the Aging
Presents

Medicare Basics

What you need to know about your health insurance options as you approach 65 years of age or if you are disabled.

Presented By Bob Meci, HHCAP Coordinator

FREE Medicare Information Session

Tuesday, June 27th, 2017

5-6:30 p.m.

Town of Ulster Library, 860 Ulster Avenue, Kingston NY

**Call the Office for the Aging
to reserve your spot
SPACE IS LIMITED
845-340-3456**



Ulster County Executive Michael P. Hein

**Would you like to help people navigate
their Medicare health insurance options?**



HIICAP volunteers provides free, accurate and objective information, counseling, assistance and advocacy on Medicare, Medicare Advantage plans, Medicare drug plans, private health insurance, and related health insurance concerns.

Special HIICAP Training

For people who work in senior housing or with senior groups

4 Wednesdays: June 21, 28, July 5 and 12, 1- 2:30 p.m.

BRC, Ulster Avenue, Kingston, NY

MUST RSVP... Please call the OFA 845-340-3456

Bob Meci, the HIICAP Coordinator, will call you back to confirm.

Ulster County Office for the Aging

1003 Development Ct., Kingston, NY 12401

Site Types	Job Description	Agency	Days Needed	Hours Per Week
ESL - Tutor	Help adults learn to read	Ulster Literacy Association	Varies	Varies
Gift Shop Help	Assist with Gift Shop	Ellenville Hospital, Mary's Avenue & Broadway Campus of Health Alliance of the Hudson Valley, Local Museums	Mon- Fri	2-4 Hours
Thrift Shop Help	Assist with Thrift Shop	Happy Apple, Peoples Place, Fairly New Thrift Store	Mon. thru Fri.	Varies
Library Assistant	Help staff in keeping library organized and available to people	Esopus Library	Varies	1-3 Hours
Computer Instructor/Coach Clerical Help	Teach/coach senior friendly computer classes Assist with registrations or record keeping	Senior Computer Learning Center	Mon-Sat	Varies
Tax Counselor	Prepare Federal and State tax returns for seniors and low income families	AARP Tax Counsel in Ulster County	Mon-Sat Jan 1 st – Apr 15 th	4-6 Hours; 1-2 days per week
Health Insurance Counseling for Seniors	Help seniors to choose Medicare options	Ulster County Office for the Aging	Monday-Friday	2-4 Hours per day; 1-2 days per week
Volunteer Leader	Help coordinate volunteer programs	Ulster County Office for the Aging	Mon.-Thurs.	4 Hours; 1-2 days/week
Cafeteria Monitor	Help provide a safe eating environment	Gateway Community Industries	Mon.-Fri.	1 ½ hrs.; 1-5 days per week
Exercise	Facilitate stretch band exercise, tai chi, yoga, and disease management sessions	Ulster County Office for the Aging, Various sites around Ulster County	Monday-Friday	1 – 2 hrs./session
Office Worker	Clerical, filing, answering phones, greeting the public	Various non-profit organizations and agencies	Monday thru Friday	As needed
Foster Grandparent	One-on-One with a child in a school setting	WESTCOP Foster Grandparents Program	Monday thru Friday	15 hours/week

The Ulster County Office for the Aging

Legal advice to Ulster County residents age 60 and over



Individual legal consultation and group presentations available

Our attorneys, Kathleen Dittus and Erica Halwick-Williams, are available to work with seniors one-on-one or to present pertinent information to senior groups. Topics include:

- **Simple Wills**
- **Living Wills**
- **Healthcare Proxy**
- **Power of Attorney**
- **Elder Law/Long Term Care Consultation**

If you are interested in scheduling one of our attorneys for an individual appointment or a group presentation in the community, please contact the Office for the Aging at 845-340-3456



Ulster County Executive, Michael P. Hein

MALL WALK

with the OFA

at

Hudson Valley Mall

1300 Ulster Ave., Kingston, NY 12401



Every Tuesday

10 a.m. sharp!



We will meet in the FOOD COURT at 9:45

with a place for your coats.

Consider mall walking with the OFA to keep up, or jump-start your exercise routine as well as share your thoughts and ideas with us.

Here are some of the benefits of mall-walking:

- ❖ Malls are climate-controlled, safe and have lots of parking!
- ❖ There are water fountains, bathrooms, and benches available.
- ❖ It's free (If you can avoid shopping along the way!)

Thank you to *The Coffee Shoppe* for providing the discount coupons for participants of the Mall Walk!



Ulster County Executive Michael P. Hein

Ulster County Office for the Aging
and The Institute for Family Health present

Senior Lunch and Learn

Mental Agility 101:

Use it or LOSE it! 5 ways you CAN improve your Mental Agility



Dr. Tiffany Pica and Dr. Amanda Chen

Resident Physicians at Kingston Hospital and the Institute for Family Health

The aging brain has long been thought of as a failing process, with decreased memory, functionality and agility. We now understand that by keeping the brain stimulated, it can continue to function in an efficient and active way. We will discuss activities and simple lifestyle changes that can help keep the aging brain sharp.

Thursday, June 15, 2017 at Noon

Business Resource Center, 1 Development Court, Kingston, NY

RSVP is a MUST, space is limited

Please call the Office for the Aging 845-340-3456



The Repair Café idea was born in Amsterdam in 2009 and was brought to New Paltz by volunteer organizer John Wackman in 2013. His dedication, enthusiasm, and success inspired others to launch Repair Cafe events in their communities. If you are interested in bringing Repair Cafe to your community, John would be happy to point you in the right direction ([email John](#)). You can also check out the [Repair Cafe Foundation](#), where it all began, for resources, guidelines, and all the details.

Our mission

- To transform our throw-away economy, one beloved item at a time
- To reduce how much stuff goes into the waste stream
- To preserve traditional repair know-how & skills, and pass them on
- To show the people who have this knowledge that they are valued
- To feed our curiosity about "the way things work", provide scientific diversion & have fun!
- To foster community, sustainability, and resilience

Contact Us

If you would like to volunteer at a Hudson Valley Repair Cafe, or just want to find out more about the activities at these events, contact the independent organizers of the locations directly.

Gardiner: 4th Sunday of every month, email Wendy Toman for time at recycling.tog@gmail.com Gardiner Public Library, 133 Farmer's Turnpike, Gardiner, NY 12525

Kingston: 11am-3pm; email kingstonrepaircafe@gmail.com or call 845-339-2526 for August's date. Clinton Avenue United Methodist Church, 122 Clinton Ave, Kingston, NY 12401

New Paltz: 3rd Saturday of Every Other Month, 10am-2pm New Paltz United Methodist Church, 1 Grove St, New Paltz, NY 12561 jwackman@gmail.com or 646-302-5835

Ulster County Office for the Aging

VOLUNTEER PROGRAM

- **Transportation for seniors to medical appointments**
- **Calling homebound seniors**
- **Help Seniors access Social Security**
- **Health Insurance counseling**
- **Special Event Support**
- **And MUCH more!**

Please call Patrick McDonough to talk about the wonderful volunteer opportunities available

845-802-7655

WE WANT YOU!!

As many or as few hours as you can give.



Michael P. Hein, Ulster County Executive

DO YOU QUALIFY FOR MEDICAID, WITH A SPEND DOWN?
DON'T THINK YOU CAN AFFORD TO PAY YOUR SPEND DOWN?



If you are an individual with income near Medicaid eligibility,
but don't quite make it, you may be a good candidate for a

Pooled Trust

The Office for the Aging is offering one-on-one consultation, by appointment, on Mondays to help you determine if a pooled trust might work for you or someone you care for. Learn about...

- *What is a pooled trust and how it works*
- *What expenses does a pooled trust cover*
 - *How it might help you specifically*

Call the OFA to set up your appointment

845-340-3456



Appointments at the
Ulster County Office for the Aging



Care Consultation: *Helps people navigate the difficult decisions and uncertainties that persons with Alzheimer's and their Primary Care Partners face at every stage of the disease. Components of a Care Consultation include an assessment of needs, assistance with planning and problem solving (developing an action plan), and provision of support. It may also include providing in-depth education and information about the disease, making appropriate referrals, and providing supportive interventions such as active listening, empathy, normalization, and emotional containment.*

Family Consultation: *Offers families the opportunity to discuss their individual concerns with a third party and help them engage and collaborate with each other while planning care for persons with dementia. Family consultations will provide assistance and support in navigating difficult decision-making processes and provide the opportunity to address the collective concerns that arise while planning for and dealing with dementia-specific needs. These are recommended when family members disagree about care giving issues or family dynamics prevent effective decision making for the benefit of the person with dementia.*

**Call the Office for the Aging
to make an appointment 845-340-3456**



*Greetings from the Director of the
Ulster County Office for the Aging
Kelly McMullen*

Hello Ulster County Seniors!

I am sad to say this is my last message to you as Director of the Office for the Aging because I am getting ready to retire. I am so grateful to County Executive Mike Hein for allowing me to serve in this position and advocate for the seniors of Ulster County. I loved working for and with the senior population and I want to thank each of you for the support and wisdom you have shared with me.

My Deputy Director, Kim Butwell, will be here to provide leadership and maintain continuity while the County Executive processes the appointment of a new Director. I feel totally confident leaving you in Kim's capable hands. If you have any questions or concerns, give her a call at the office or stop by—her door is always open.

A few reminders for June... I am proud to report that there is a chapter of Statewide Senior Action Council starting up in Ulster County. If you have issues or concerns about aging in New York State this is your way to be part of a larger voice. Call 800-333-4374 for more information about the Ulster County Statewide Senior Action Council Chapter. We have a Lunch and Learn at the BRC around Mental Agility and a Chronic Disease Self-Management program in Port Ewen starting June 15 and Tai Chi starting in Esopus on July 11. Call the Office to reserve your spot! There is an Ombudsman training starting in June—you can be a voice for people in assisted-living facilities and adult homes. We need more than a few ombudsmen for Ulster facilities. Please help us find volunteers. Call Hudson valley Long Term Care Program at 845-229-4680 for more info.

You can get one-on-one unbiased information on Medicare insurance and Pooled Trusts (Medicaid Spend Down) and Alzheimer's disease consultations in partnership with the Alzheimer's Association. Please call our office for more details on any of these programs or to make an appointment: 845-340-3456.

Again, my warmest wishes and gratitude to you!

Kelly

Kelly McMullen

FREE Parkinson's Disease Care

Did you know? 42% of Medicare beneficiaries with Parkinson's Disease do not have access to a neurologist... Until now.

Parkinson's Disease Care New York (PDCNY) is a multi-disciplinary, largely virtual, Parkinson disease care network for New York State. This program aims to address barriers to access and improve satisfaction with care, quality of care, patient function, reduce caregiver burden and lower costs through a coordinated telemedicine program, including a Parkinson's Disease specialist/neurologist, a nurse specializing in Parkinson's Disease and an experienced telemedicine coordinator from the University of Rochester Medical Center.

This service is for anyone in New York State who has suspected Parkinson's or been diagnosed with Parkinson's Disease.

- No cost to for telemedicine service.
- Will need insurance to pay for any medicine prescribed; scripts will be called into your pharmacy.
- Patient will need access to internet and a device capable of video calling. If needed, PDCNY will provide a web cam.
- PDCNY will email a software link to download program.
- If program funding is discontinued, patient can chose to stay with Movement Specialist at Rochester Medical Center.

Simply call to learn more and find out if you're eligible for FREE Parkinson's Disease care.

844-77-PDCNY or 844-777-3269

More info from the community...

I THINK I MAY NEED A HEARING AID.

WHAT SHOULD I DO?

If you think you might need a hearing aid, you should have a hearing evaluation performed by a licensed audiologist before making a purchase. You can also contact the New York State Education Department (518-474-3817 X100) for audiologist information. Audiologists who sell hearing aids must be registered with the Department of State as hearing aid dispensers, in addition to being licensed by the State Education Department as audiologists.

To obtain a copy of New York State's A Consumer's Guide to Hearing Aids, call the Ulster County District Attorney's Division of Consumer Affairs at 845- 340-3260.

LONG TERM CARE COMMUNITY COALITION

Advancing Quality, Dignity & Justice

Free Educational Series

The New Nursing Home Standards *What Do YOU Need to Know?*

In November 2016 the federal government introduced major changes to the standards for all licensed nursing homes in the United States. These changes relate to everything from quality of care to eviction protections.

This educational series will provide information on what is going on & how it will affect your residents. Changes will affect every aspect of nursing home care. We must be prepared to know our rights as the changes are implemented, and beyond.

Who Can Attend?: Residents, Families, LTC Ombudsmen, People Who Work With Residents & Families.

When Are The Programs?: The third Tuesday of every month at 1pm

March 21 st	June 20 th	September 19 th	December 19 th
April 18 th	July 18 th	October 17 th	January 16 th
May 16 th	August 15 th	November 21 st	

Attend in Two Easy Ways:

1) To join the online meeting, about five minutes before the scheduled time of the meeting, click on the online meeting link and follow the prompts to join the meeting.

Online Meeting Link: <https://join.freeconferencecall.com/richardmollot>

2) To participate by phone, at the time of the program call (712) 770-4010. When prompted, enter the Access Code, 878277, followed by the pound (#) key. Press *6 to mute or unmute your phone line.

If you would like to receive a copy of the webinar handouts in advance, please email sara@ltccc.org (noting the date of the program).

Visit the Learning Center at www.nursinghome411.org for free handouts and other materials and resources.

These programs are sponsored by the NY State Health Foundation.

Devoted Humble Involved
Vibrant Selfless Generous
Charitable WONDROUS
Passionate Loving Friendly FUN
Volunteers Caring
UNSELFISH HELPFUL PROSPEROUS
Amazing GREAT
THOUGHTFUL
Respectable



Make A Difference VOLUNTEER!

Become a New York State Certified Ombudsman

Educate

Long Term Residents to understand and exercise their rights.

Empower

Residents and Families to speak openly about their quality of life and delivery of care.

CALL FOR MORE INFORMATION ON OUR NEXT TRAINING SESSIONS

HUDSON VALLEY LONG TERM CARE OMBUDSMAN PROGRAM

845-229-4680

or

Gloria@hudsonvalleyltcop.org



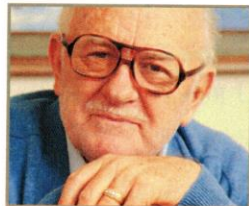
New York STATEWIDE Senior Action Council



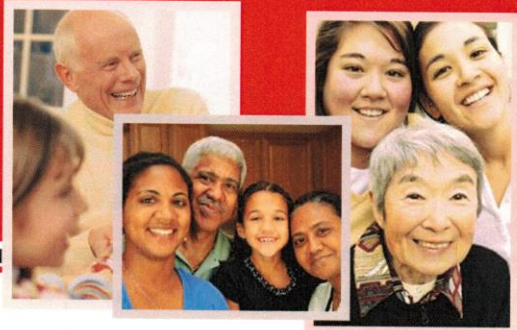
New York StateWide Senior Action Council, Inc. is a not-for-profit grassroots membership organization made up of individuals and organizations with an interest in improving the lives of senior citizens.

StateWide has a strong history providing outreach and education to senior citizens and their families throughout the state since 1972. Together, we advocate for public policies that preserve a good quality of life for older New Yorkers.

Through our Patients Rights Helpline and our Medicare counseling services we have helped thousands of older New Yorkers make sound



choices regarding healthcare, especially during the Medicare Open Enrollment Period.



Thanks to the combined effort of our members, we are a powerful, active and respected voice for change. We fought for and won:

- ❖ Observation Status Disclosure law now replicated on the federal level.
- ❖ New guidelines for safe patient handling.
- ❖ An affordable prescription drug program for New York state seniors.
- ❖ Income protection & programs that keep seniors living independently in their communities.
- ❖ Increased funding in expanded In-Home Services for the Elderly Program. (EISEP)
- ❖ Rights & Protections for all patients.
- ❖ A new benchmark – the Elder Economic Security Standard™ Index (Elder Index) that provides a realistic view of the income older adults need to make ends meet and remain in their own homes.
- ❖ Restored budget funding for senior centers through Title XX.

StateWide's Advocacy Focus Includes:

- Improving Medicare & Medicaid, access to affordable prescription drugs, patient's rights, quality of care including safe nurse-to-patient ratios, and universal health care for all.
- Expanding community services for seniors and persons with disabilities, including affordable housing and transportation.
- Protecting Social Security and ensuring adequate incomes for seniors.
- Meeting long-term care needs.
- Strengthening consumer protections.

STATEWIDE
New York StateWide Senior Action Council, Inc.
275 State Street, Albany, NY 12210 • (518) 436-1006 • Fax (518) 436-7642
www.nysenior.org